

**ABSTRACT**

A reversible multicolor thermal recording medium which is free from fogging and has sharp contrast even after  
5 recording and erasing are performed repeatedly, and a recording method using the same.

A reversible multicolor recording medium is provided, which includes recording layers (11 to 13) each containing a plurality of reversible thermal coloring compositions  
10 having different coloring tones, formed to be separated from and stacked on a surface direction of a supporting substrate (1); and the plurality of reversible thermal coloring compositions containing light-to-heat transforming materials which absorb infrared rays having different  
15 wavelength ranges to generate heat, respectively; wherein an absorption peak wavelength of the light-to-heat transforming material contained in the recording layers (11 to 13) becomes the longest wavelength at the layer formed nearest the supporting substrate (1), and becomes a shorter wavelength  
20 as the layer is closer to the surface layer in the stacked order.